



## Welcome to *Eat Smart, Live Strong*

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The *Eat Smart, Live Strong* Activity Kit is designed to encourage older adults to increase fruit and vegetable consumption to at least 3½ cups and to participate in at least 30 minutes of moderate-intensity physical activity each day. The USDA Food and Nutrition Service developed this intervention specifically for program participants 60-74 years old, to help nutrition education providers deliver services to a growing older adult population.

Developed and tested by professionals and experts in aging, nutrition education, and intervention development, *Eat Smart, Live Strong* contains activities and resources that can be tailored and adapted to help promote key behaviors.

In the Activity Kit, you will find:

- A Leader's Guide with an overview about the nutrition and physical activity needs of older adults, tips to help you implement and promote *Eat Smart, Live Strong*, as well as suggestions for assisting older adults with physical or social challenges.
- Four ready-to-use, flexible skill-building sessions designed to assist educators in delivering fun, behavior-focused activities and exercises.
- Participant resources such as a marketing flyer, handouts, and participant feedback forms designed to reinforce *Eat Smart, Live Strong* behaviors among older adults.

Food Stamp Nutrition Education providers can order the Activity Kit from the Food Stamp Nutrition Connection (FSNC) web site at <http://foodstamp.nal.usda.gov/fns>. The Activity Kit also contains a CD that can be used to print high quality session materials and handouts as needed. Other program providers and educators may download materials from the FSNC.

If you have questions or comments about the Activity Kit, please complete the user response form and fax it to 703-305-2576. We appreciate the opportunity to review your comments.

Enjoy using *Eat Smart, Live Strong*!